

INTRODUCTION

Each week you will receive a training session plan designed for the age group you are coaching. All plans are consistent with the FFA National Curriculum and are set out in the format "Skill Introduction, Skill Training, Skill Game". Training sessions should primarily focus on one core skill each week. Football NSW will provide plans that focus on either "first touch", "running with the ball", "striking the ball", or "1v1" in the Skill Acquisition Phase for kids aged 9-13.

"SKILL INTRODUCTION"

The warm-up and introduction to the designated core skill for the session. This is the only part of the session where drill-type exercises should be used, but the creative coach can include elements of decision-making.

"SKILL TRAINING"

The part of the session where conscious teaching and learning of the designated core skill takes place. Lots of repetition in game realistic scenarios, task-based coaching, effective feedback through use of questioning; ask players "why did you choose that option?", "where do you think there might be more space?".

"SKILL GAME"

A game where as much as possible all the elements of the real game are present but organised in a way that the designated core skill has to be used regularly. Skill games are preferably small sided games to stimulate the number of repetitions/touches. The players play, the coach observes if learning has taken place.

SKILL INTRODUCTION: STRIKING THE BALL SESSION 3

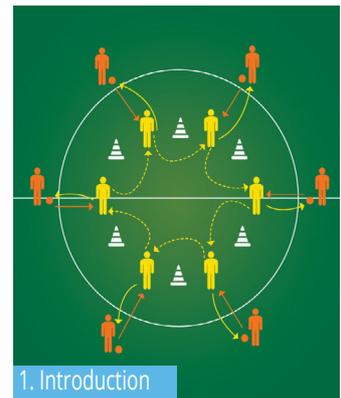
6 orange players are positioned approximately 5m outside of the centre circle with a ball each and act as 'goalkeepers'

6 yellow players are inside without a ball, in a smaller (7m-8m diameter) circle shaped by 6 cones

They receive a rolled ball off a 'goalkeeper' and with a controlled instep drive, shoot it back into the goalkeeper's hands

After going back around the next cone they receive a ball from the next 'goalkeeper'

Change roles and direction every 2 minutes



1. Introduction

POSSIBLE COACHES REMARKS

"When we move in the direction of the clock, only use your right foot"

"When we move the other way around, only use left"

"Now goalkeepers: throw the ball and players: volley it back in the goalkeeper's hands before it hits the ground"

"It's about accuracy, not power"

"Now a half-volley"

CONCLUDING GAME

"For every proper shot which the goalkeeper catches during one full round you earn a point"

"Now change roles"

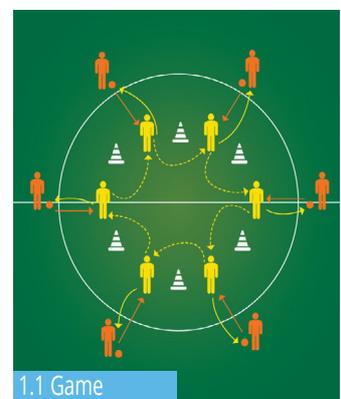
"Count your points, who wins individually?"

"And which group wins when you add up all individual points"

"Now we do it again but in the opposite direction with our other foot"

"Now only proper volleys count"

Etc.



1.1 Game

SKILL TRAINING: FIRST TOUCH

One group focuses on right foot shooting, the other on left foot. Change groups regularly.

#1 passes to #2 and runs to apply pressure; #2 moves the ball with the first touch to prepare for a shot from the edge of the penalty area.

#1 then joins the shooting line (behind #6); #2 fetches the ball and joins the serving line (behind #5). The same pattern takes place in the left foot group simultaneously.

The angle/distance from #1 to #2 is manipulated by the coach to ensure #2 can shoot with the second touch without being tackled and without having to beat #1.

STEP UP/STEP DOWN

Increase the angle and/or distance from #1 to #2 to give #2 more or less time (less or more chance of #1 applying real pressure)

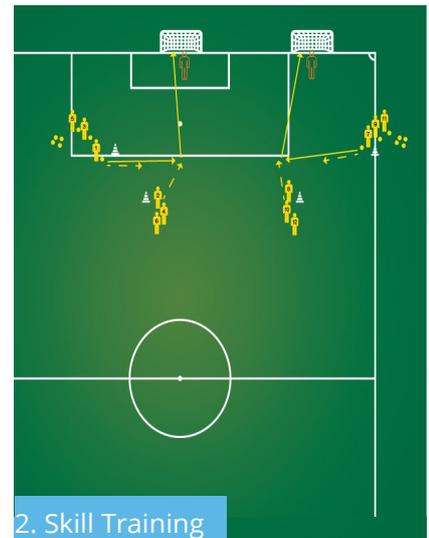
With younger players, the coach may move the cones closer towards the goals so the shots are from shorter distance (ensure safety of players by not moving too close to the GK)

VARIATION

#1 passes the ball square (along the edge of the penalty area) so #2 can run and shoot with the first touch

#1 starts on a cone to the side of #2 and plays the ball in front of him; the coach selects the distances to encourage first-time shooting under pressure from a chasing defender

“Walls: help the players in the grid by coaching them”



SKILL GAME: STRIKING THE BALL SESSION 3

3 v 3 ‘shooting game’ in a grid of approximately 20m x 20m divided by a halfway line.

In each half there is a goalkeeper + 2 outfield players from one team and 1 outfield player from the other team (see diagram), all players must stay in their own grid.

Make sure there are plenty of balls in/next to the goals.

The game starts with a 3 v 1 game in one grid. A team can only score by:

- Shooting from their own half
- A finish by the lone striker from a ball rebounding back from the goalkeeper; a defender or the post/bar

Rotate the players regularly.

STEP UP

Limit the time or number of passes to take a shot

Make the grids smaller

STEP DOWN

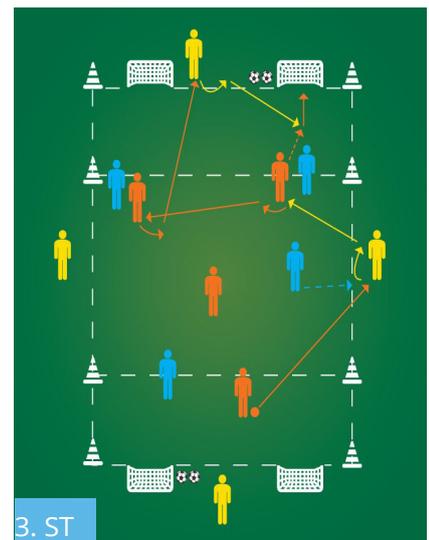
Make the grids bigger

POSSIBLE COACHES REMARKS

“As soon as the line to the goal is open: SHOOT”

“Move the ball quickly to open the line to the goal”

“Don’t just boot it, precision is more important”



SKILL GAME: STRIKING THE BALL SESSION 3

Here is another option (with the emphasis on awareness and shooting precision):

Field markings:

- End zones 7m long, penalty box width.
- Middle zone 20m long, penalty box width.

4 v 4 in the middle grid between the red cones. Players score by shooting in one of the three goals (3m-5m wide). The goalkeepers try to defend all 3 goals.

The outfield players are not allowed to enter the ‘goalkeeper zones’.

If not enough shooting takes place: add 1 or 2 ‘jokers’.

